

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 9: Barriers to Eating More Fruits and Vegetables among California Adolescents

What is the main reason you don't eat more fruits and vegetable, or drink more juice?

	Barriers Reported to Eating More Fruits and Vegetables, Percent of Adolescents								
	Not Available	Choose Other Foods	Don't Think About It	Don't Like Taste	Other ¹	Eat Enough	Not Enough Time	Not Important	Don't Know
Total	16	22	23	16	5	10	3	2	3
Gender									
Males	14	22	22	17	4	12	3	2	3
Females	19	12	23	14	6	9	4	1	3
Ethnicity									
White	20	23	24	14	4	8	3	2	2
African American	13	14	24	21	6	13	3	3	3
Latino	9	23	23	16	6	12	3	2	5
Asian/Other	25	17	18	19	7	10	3	0	2
Gender by Age									
Males									
12-13	9	24	15	24	6	14	1	4	3
14-15	16	24	21	14	3	14	4	1	4
16-17	18	20	31	13	4	7	3	2	2
Females									
12-13	10	18	30	15	10	9	2	1	3
14-15	17	25	18	17	5	11	1	3	4
16-17	28	19	22	11	4	6	7	0	1
Smoking Status									
Non-Smokers	15	22	23	16	5	10	3	2	3
Smokers	33	17	17	18	4	8	3	2	0
Physical Activity Status									
Regular	17	22	23	15	5	11	3	2	2
Irregular	16	19	22	19	5	7	5	1	5
Overweight Status									
Not at Risk	17	23	21	17	5	10	4	2	2
At Risk/Overweight	17	17	29	11	6	11	2	1	5

¹ Other includes "Poor Quality" and "Allergic".

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Some numbers may not add to 100 percent due to rounding.

Chi Square Test

* p<.05

** p<.01

*** p<.001